



Curried Sausages

Tasty skinless sausages in a mild curry sauce, with pumpkin and potato mash, green beans and cauliflower.

A hearty dish that is loaded with flavour and vegetables. The curry spices have a number of valuable health benefits which includes supporting heart, bone and liver health.



Ingredients

Curried Sausages (66%) (Sausages (35%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223) (**Sulphites**), Canola Oil, Spice And Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)] Curry (23%) [Onions, Carrots, Peas, Swede, Tomatoes, Capsicum, Celery, Curry Powder (0.5%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Tapioca, Vinegar, Ginger, Garlic, Salt, Pepper], Potato Pumpkin Mash (Potatoes, Pumpkin, Skim **Milk**, Tapioca, Salt, Pepper), Beans, Cauliflower.

CONTAINS MILK, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1841kJ (441Cal)	449kJ (108Cal)
Protein:	20.9g	5.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	25.8g	6.3g
--Saturated:	11.9g	2.9g
Carbohydrates:	26.6g	6.5g
--Sugars:	9.8g	2.4g
Dietary Fibre:	9g	2.2g
Folate:	88.6ug (44% RDI)	21.6ug
Sodium:	849mg	207mg
Potassium:	832mg	203mg
Phosphorus:	213mg (21% RDI)	52mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.